



Weekly Note from PS Administration April 27-May 01, 2020

Dear Primary School Parents!

Another week has passed, and things are becoming more routine. Parents often feel pressured to give so much to our children that we forget to take care of ourselves, or we feel guilty for taking care of ourselves. When ANYONE neglects to take care of him or herself, they put stress on their mind and body. This stress can lead to physical effects like a weaker immune system and high blood pressure, but it can also lead to mental effects such as depression and anger management issues.

What happens to a CHILD when a parent neglects self care? We teach our kids that it's okay to neglect things like healthy eating habits, respecting our bodies, and that relationships with partners are not important. Plus, parenting can become an even greater challenge than it already is! It takes ENERGY to be a good parent. When we're not taking care of ourselves, we can be irritable, exhausted or sad. But positive, proactive parenting takes patience, energy and optimism. If we don't take care of ourselves, it becomes even more difficult to care for our children.

For this week, we are asking you to take care of yourselves. A missed SeeSaw activity, or even a day of missed activities is not the end of the world. Spend the day reading with your child, building a fort and telling stories, interacting with them on a level we often don't have time for in our normal, busy lives. The difference for all of you is your mental and physical well-being.

Your partners in this journey,

Donald and Paula

Synchronous Time

We know that just as it happens when we are in school, this time of year is difficult, students begin to feel tired. Connecting to the computer becomes more difficult due to the lack of novelty and the realization that for now it has become our new normal. Nevertheless, we have seen many of our students showing responsibility and independence during Synchronous Time. Just as we ask the students to follow agreements, we are asking you to abide by the following expectations:

- Remind students to not play with the screen while teaching.
- Remind students not to change their screen names. Additionally, if you could put your child's last name as the screen name that would make things easier for the teachers. We have had students changing their screen names to inappropriate titles, so we are asking you to quickly monitor that name.
- Make sure to leave your child to work independently. As you know every minute of this time is priceless for our teachers, and interruptions from parents create an effect on how a lesson goes.
- This is not an opportunity to feed, dress, or play. It is important that your child is present and involved in the synchronous activity, so any other activities should wait.
- It is also not the time for you to talk with teachers. Just as in the regular school day, teachers have contact hours where you may email them with questions or concerns.

Thank you for understanding and working toward preventing interruptions during the synchronous time.

Ongoing Questions/Hot Topics

There are new questions that come up everyday as we look toward the end of the school year. The current Hot-Topics include report cards and placement for 2020-2021. Please know that conversations are happening about these. We will share news and updates as we have them.



[Education of the Heart](#)

[Bored Kid? The Best 50 Activities That Will Keep Kids Busy + Happy](#)



[Parenting Webinar](#)

We are happy to announce that on Wednesday April 29 at 6:00pm we will be offering a parenting webinar. This webinar will be given by Dr. Carlos Santiago Cano, child

psychologist expert in parenting. The webinar will be in Spanish and the Powerpoint will be in English.

You can click on this [link](#) to join the webinar.

Meeting number (access code): [478 771 667](#)

Password for the meeting: [PS_Parenting](#)

El salvavidas de un apego seguro (Ser una base segura en tiempos complejos)

Est webinar busca motivar a padres de familia y cuidadores, para que asuman en su cotidianidad una “respuesta sensible” a las necesidades de los hijos en una etapa en la que la expresión de dichas necesidades por parte de los hijos atraviesa por cambios vertiginosos que van más allá del temperamento y que están fuertemente influidos por el entorno y el desarrollo socioafectivo. Explica con fundamento científico el impacto que podemos lograr en la formación de los hijos al atender adecuadamente las necesidades afectivas de los hijos.

Carlos Santiago Cano

Padre de familia y esposo. Mg. Terapeuta familiar, es conferencista desde hace 20 años. Dirigió durante 9 años el programa Protege tu corazón, programa de formación del carácter y la sexualidad. Es cofundador de forjar familia una iniciativa creada por sus padres y hermanos que busca ofrecer a los padres de familia tanto en colegios como en organizaciones, los recursos formativos necesarios para hacer frente a los retos que implica formar vínculos fuertes para la vida. Ejerció durante 10 años la terapia familiar y de pareja de manera particular en su consultorio en Medellín. Es miembro de IAN Colombia (international attachment network) iniciativa de profesionales que se dedica al estudio y divulgación de. La teoría del Apego. Actualmente es el Director de Formación de Aspaen en la ciudad de Medellín.

Read Alouds

Don't forget to visit Mr. B's Youtube Channel where he is doing daily Read Alouds. Your children will enjoy them as well as you:

<https://www.youtube.com/channel/UCyKZHN4U2C6f8YMdDngbuA>

Visit Mari Ro's Youtube Channel to access other fun read alouds



- April 29- **Kinder 4 and Kinder 5 Assembly** 11:30 am
<https://zoom.us/j/93790551746?pwd=dG1laHRWbDdxQk03Wk5tREsvQ2NMQT09>
Meeting ID : 937 9055 1746
Password: 027228
- April 29- **Parenting Workshop**
You can click on this [link](#) to join the webinar.
Meeting number (access code): [478 771 667](#)
Password for the meeting: [PS_Parenting](#)
- April 30- **First and Second Grade Assembly** 11:30 am
<https://zoom.us/j/96397481055?pwd=RHlwSkV0VjFpQ2xHanVRaWVJeVIVdz09>
Meeting ID: 963 9748 1055
Password: 079925
- May 01- **Labor Day (No school)**



*Most websites are adjustable for any grade level by selecting the appropriate level for your child.

Reading websites:

<https://www.teachyourmonstertoread.com/>
<https://www.spellingcity.com/>
<https://www.starfall.com/h/>
<https://quizlet.com/>
<https://freerice.com/categories/english-vocabulary>
<http://www.readwritethink.org/>

Math websites:

<https://www.ixl.com/>
<https://pages.sumdog.com/>
<https://www.youcubed.org/>

Reading & Math websites:

<http://www.sheppardsoftware.com/>
<https://skoolbo.com/>
<https://classroommagazines.scholastic.com/support/learnathome.html>
<https://mrnussbaum.com/>
<https://mosamack.com/>
<https://www.softschools.com/>
<https://www.abcya.com/>
<https://pbskids.org/>
<https://www.funbrain.com/>